

# METASPRINT SERIES SINGAPORE



SWIM-RUN

## AQUATHLON

17 FEB 2019

Palawan Beach

## PARTICIPANT'S GUIDE

A FUN way to be a TRIATHLETE

**METASPORT**





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Welcome to the 2019 MetaSprint Series, and to the start of a new racing season. I can't think of a better way to kick it off than with a fast and fun Aquathlon!

It's always great to see old and new faces arrive at this event, bursting with enthusiasm to fulfil New Year's resolutions and achieve sporting goals. Whether you are an experienced athlete competing in the Sprint distance, a newbie in the Discovery aiming to finish your first race, or one of our energetic Youth and Kids competitors, you are in for a festive morning of fitness and fun.

I am pleased to see growing numbers of participants joining the MetaSprint Series. Like the thousands of competitors before you over our 12-year history, I am sure you will enjoy the relaxed competition, camaraderie and sunny beach vibe.

At MetaSport, we strive to make our events bigger and better each year, and in 2019 we are delighted that this event is the qualifier for two exciting events. Our champion and runner-up male and female Kids & Youth athletes in each age group, will qualify for the 2<sup>nd</sup> GEMS Invitational Super Sprint Triathlon on 26 May. Aligning with this race, is the recently launched GEMS Triathlon Academy presented by Aussie triathlon legend and Hall of Fame inductee Emma Carney. She will be present on race day to talk about the program, sign autographs and present awards.

Then our podium winning male and female 16-19 year old Sprint athletes will qualify to compete at the Super League Triathlon Junior race on 24 February. It pays to be a teenager again!

The fun continues with Ola Beach Club's tropical beach bar coming to life at the festival area, as well as jet-pack demonstrations and a water bouncy playground for kids. The team from Pilates BodyTree will be there to get you limbered up pre-race with pilates warm-up sessions, and to massage your tired limbs post race.

The "Kids Fun" events return with a Splash 'n Dash for kids 4-8 years. Cuteness at it's best, I look forward to watching them run across the finish line enjoying their own moment to shine!. And let's not forget about the other end of the spectrum where the high octane Equalizer will see the best male and female athletes race to see which sex will take the glory at the finish line. The women have reigned supreme for the past two years – will 2019 see the men take victory?

We hope you enjoy your race, and achieve your personal goals. Wishing you the best of luck, see you out on the course!

Nerida Rigg  
Event Director

**METASPORT**





## GETTING TO THE RACE VENUE

The event venue is at Palawan Beach, Sentosa and is a 200m walk from Beach Station.



### By CAR

- Nearest parking available is at Beach Station Car Park



### By PUBLIC BUSES

- Take 65, 80, 93, 188, 855 to Harbour Front Bus Interchange OR
- Take 10, 30, 57, 61, 97, 100, 131, 143, 145, 166 to 'Opp VivoCity' stop, then hop on the



### By TAXI

- Alight at Beach Station taxi stop



### By MRT

- HarbourFront Station (North-East Line)



### By SENTOSA EXPRESS

- Take the Sentosa Express from VivoCity (Level 3, Lobby L) to the Beach Station at Sentosa. This service starts at 7am and takes 5-10min.

### Upon arrival at Beach Station

- Follow the sheltered walkway that brings you down to street level. Look for the green open space.
- Event venue will be on your left hand side, indicated by the hexagons on map.

18



### **BE ON TIME!**

We recommend that you arrive at the venue **1 hour before race start time** to ensure ample time for pre-race preparation.



### STEPS TO GET READY FOR THE RACE

1



#### **Breakfast**

High-carb, low-fat.  
Start hydrating.  
Don't try anything new!

2



#### **Final gear check**

Flip to page 6 to  
know the do's and  
don'ts.

3



#### **Arrive on time!**

Arrive **1 hour before**  
your race start time  
at the venue.



4



#### **Set up Transition**

Prepare race bib,  
shoes, towel etc. for  
a fast changeover.



5



#### **Bag Deposit and Body Numbering**

Leave your valuables  
at bag deposit &  
head to body  
marking (30 mins  
before race start)



6



#### **Warm up**

Loosen up your  
limbs and raise  
your heart rate



7



#### **Ready to Race!**

Report to the Start  
pen 10 minutes  
before your start.  
Listen to  
announcements



8



#### **Pace your race**

Pace yourself,  
drink regularly and  
slow down or stop  
if you feel unwell.



9

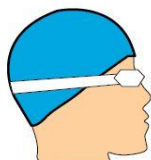


#### **Mission Accomplished!**

Collect your medal  
and check the live  
results!



### WHAT'S IN YOUR RACE KIT?



Swim Cap to be worn throughout the swim



Race bib to wear on the front of your apparel on the run  
(Not on the swim)



Timing chip to strap around your left ankle



Safety bracelet to wrap around your wrist

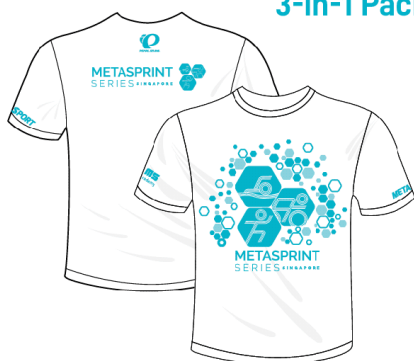
- Timing chip must be strapped around your LEFT ankle
- Parents of 8 and 9-year-olds may use the red 'parent' bracelet in the race kit to gain access to transition and help with transition setup. However, during the race they must leave transition.

### ATHLETE PERKS



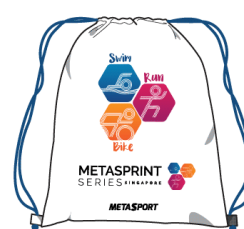
#### ATHLETE PERKS

##### 3-in-1 Package



#### ATHLETE PERKS

##### AQUATHLON





### WHAT TO WEAR?



**SWIM**

- Tri-suit or swimsuit
- Event swim cap



**RUN**

- Tri-suit or swimsuit
- T-shirt or singlet (if wearing a swim suit that doesn't cover your chest)
- Race number

Recommended	Optional
<ul style="list-style-type: none"> <li>• Goggles</li> <li>• Running shoes</li> <li>• Drink bottle in transition</li> <li>• Running hat or visor</li> </ul>	<ul style="list-style-type: none"> <li>• Sunglasses</li> <li>• Race belt (to pin your race number on)</li> <li>• Socks</li> <li>• Small towel</li> <li>• Baby powder (helps to take sand off feet before putting socks on)</li> </ul>

### WHERE TO BUY?

#### Clothing

- Key Power [keypowersports.sg](http://keypowersports.sg)

With two stores around Singapore, they have a large range of Pearl Izumi triathlon clothing, Brooks shoes and all sorts of goggles, nutrition and accessories.



#### Nutrition

- PURE Nutrition [drinkpure.com.sg](http://drinkpure.com.sg)

A New Zealand brand that uses only natural ingredients with no added colours or preservatives, and it tastes great! Check out to see the list of stockists.







## EVENT SCHEDULE

Sunday, 17 February 2019

Start	Wave	Race	Category	Swim Cap
7:00	Event Open			
SPRINT DISTANCE (750m Swim - 5km Run)				
7:50	1	Sprint	Elite Women	Orange
7:53:25 AM	2	Sprint	Elite Men	Blue
8:00	3	Sprint	Women (45-49, 50-54, 55-59, 60+)	White
8:05	4	Sprint	Women (35-39, 40-44)	Pink
8:10	5	Sprint	Women (16-19, 20-24, 25-29, 30-34)	Green
8:15	6	Sprint	Men (50-54, 55-59, 60+)	Red
8:20	7	Sprint	Men (45-49)	Yellow
8:30	8	Sprint	Men (40-44)	White
8:35	9	Sprint	Men (40-44)	Orange
8:40	10	Sprint	Men (35-39)	Pink
8:45	11	Sprint	Men (30-34)	Green
8:55	12	Sprint	Men (16-19, 20-24)	Red
9:00	13	Sprint	Men (25-29), Teams	Yellow
9:05	14	Sprint	Friendly Wave	Mix
YOUTH & DISCOVERY DISTANCE (250m Swim - 2.5km Run)				
9:30	15	Youth	Boys (12-13, 14-15)	Blue
9:35	16	Youth	Girls (12-13, 14-15)	Orange
9:45	17	Discovery	Men (16-39, 40+)	Green
9:50	18	Discovery	Women (16-39, 40+)	Pink
KIDS DISTANCE (150m Swim - 1.5km Run)				
10:30	19	Kids	Boys (10-11)	Blue
10:35	20	Kids	Girls (10-11)	Yellow
10:40	21	Kids	Boys (8-9)	White
10:45	22	Kids	Girls (8-9)	Pink
GEMS KIDS SPLASH & DASH (GET WET - 500m Run)				
11:15	23	Kids	Boys & Girls	
9:30	Awards Ceremony - Sprint Women			
10:15	Awards Ceremony - Sprint Men & Relays			
10:45	Awards Ceremony - Youth & Discovery			
11:25	Awards Ceremony - Kids			
12:00	Event Closed			





## RACE CATEGORIES

SPRINT	
Men	Women
16 – 19	16 – 19
20 – 24	20 – 24
25 – 29	25 – 29
30 – 34	30 – 34
40 – 44	40 – 44
45 – 49	45 – 49
50 – 54	50 – 54
55 – 59	55 – 59
60 – 64	60 – 64
65 – 69	65 – 69
70+	70+
Sprint team relay (Men, Women, Mixed)	

DISCOVERY	
Men	Women
16 – 39	16 – 39
40+	40+

KIDS	
Boys	Girls
8 – 9	8 – 9
10 – 11	10 – 11
Kids team relay (7–11 yrs)	

YOUTH	
Boys	Girls
12 – 13	12 – 13
14 – 15	14 – 15

GEMS KIDS SPLASH & DASH	
Boys	Girls
4 – 8	4 – 8
*Non-competitive	

## CATEGORY RULES

- Relay teams consist of two members, each doing one discipline.
- Participants for the Kids Distance must be 8 to 11 years old\*
- Participants for a Kids Relay Team must be 7 to 11 years old\*
- Participants for the Youth Distance must be 12 to 15 years old\*
- Participants for the Discovery Distance, Sprint Distance Individual and Sprint Distance Relay must be 16 years old\*

*\*Age on 31 December 2019*



## TENTATIVE PARTICIPANT LIST

The [participant list](#) is now available on the event website. Please check your name, race category and start wave number and [contact us](#) by 9 February if you notice any mistake.

## CHAMPION OF CHAMPIONS - EQUALIZER

The men and women starting in the elite waves vie for the Champion of Champions title at each of the MetaSprint Series races.

Based on the fastest women's and men's results of the past three years, the women's elite wave gets a head start on the men. The first man or woman across the finish line will be the Champion of Champions.

The handicaps for the men in 2019 are:

**Aquathlon – 3 min 25 sec**

**Duathlon – 7 min 4 sec**

**Triathlon – 5 min 14 sec**



## WHO QUALIFIES FOR THE ELITE WAVE?

Aquathlon selection criteria:

- Overall top 20 from Overall MetaSprint Championship 2018, MetaSprint Series Aquathlon 2018 and MetaSprint Series Triathlon 2018
- Wild Card Entry\*

Athletes selected for the elite wave will start and compete in the 1<sup>st</sup> wave with athletes of similar ability regardless of age group, but will still be ranked in their respective age groups.

### **\*Note:**

If you believe you should be in the elite wave, please [email us](#) indicating your recent best race results (event name, distance, year, time and placing) before **Saturday, 9 February**. Only a limited number of wild card entries are available for the elite wave.



### CLUB CHALLENGE

Each participant scores points for their club as per the table below. The club with the highest number of points at the end of the series will be crowned the School Champion.

#### IMPORTANT:

Enter your Club name when you register for the race - names can be added or updated until race kit collection only. Updates may only be requested by the participant in person, and not by a teammate.

Rank	Points
1	50
2	30
3	20
Finisher	10

### INTER-SCHOOL CHALLENGE

The 2019 MetaSprint Inter-School Challenge is a fun-packed competition for Primary and Secondary Schools. Singapore's best young athletes will challenge for the honour of their school being crowned the 2019 School Challenge Champion.

#### Awards

Trophies will be awarded at the Youth and Kids prize presentation. There will be four trophies on awarded over the course of the series.



School Challenge Champion

1. MetaSprint Aquathlon
2. MetaSprint Duathlon
3. MetaSprint Triathlon
4. Overall School Challenge Champion  
(Accumulative points across 3 events)  
Awarded after the MetaSprint Triathlon

Rank	Points
1	100
2	90
3	80
4	70
5	60
6	50
7	40
8	30
9	20
10	10
11 onwards	N/A



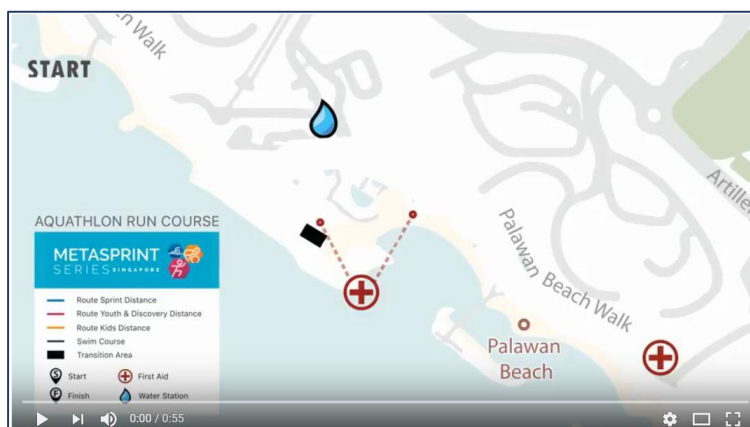


## DISTANCE & LAPS

Race	Swim		Run	
	Distance	Laps	Distance	Laps
<b>SPRINT</b> 16 yrs old +	750m	1	5km	1
<b>DISCOVERY</b> 16 yrs old +	250m	1	2.5km	1
<b>YOUTH</b> 12 – 15 yrs old	250m	1	2.5km	1
<b>KIDS</b> 8 – 11 yrs old	150m	1	1.5km	1
<b>GEMS SPLASH &amp; DASH</b> 4 – 8 yrs old	GET WET!		500m	1

## ANIMATED COURSE MAPS

Check out the animated course map for your race distance!



Sprint distance:

[https://www.youtube.com/watch?v=NE\\_I\\_pKmYC0](https://www.youtube.com/watch?v=NE_I_pKmYC0)

Discovery & Youth distances:

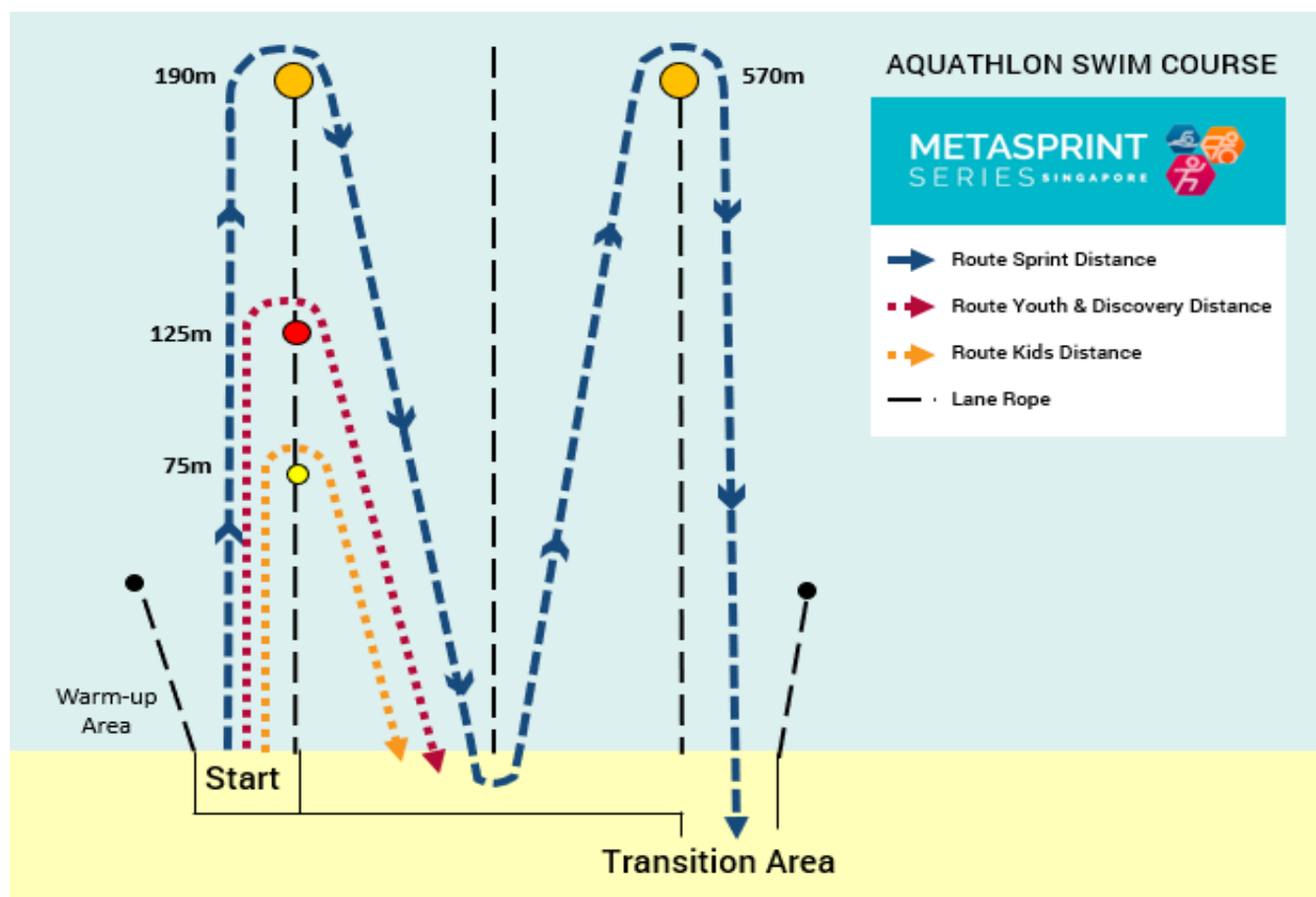
<https://www.youtube.com/watch?v=uJ6icKBBtrY>

Kids distance:

<https://www.youtube.com/watch?v=DVVcWt0LbE8>



## SWIM COURSE MAP



Report at the start area 10 minutes before your wave start and ensure that you pass the timing mat as you enter the start area.



### IMPORTANT SWIM RULES:

- All swimmers must wear the swim caps provided by the organiser.
- Fins, paddles, pool buoys, snorkels or any other swimming aids are not allowed.
- Wetsuits are not allowed (speed suits are allowed).
- Swimmers in difficulty shall signal by raising an arm to the escorting boats/canoes for assistance.
- Once assistance is rendered, the competitor must retire from the competition.



## RUN COURSE MAP



- Keep left on the course at all times!
- Note that the roads are not closed from pedestrian traffic. Be considerate to pedestrians and other members of the public.
- Pere Ocean Mineral Water and PURE Electrolyte drink are available at the drink stations (every 2km) on the run course and at the finish line.
- Alert a marshal if you see an athlete in difficulty.



### IMPORTANT RUN RULES:

- Runners must wear their race numbers, clearly visible at the front of their race apparel at all times.
- Support vehicles or pacers are not allowed.
- Runners must run on designated paths for the entire route.
- No bare torso is allowed at any time.
- Wearing headphones is not allowed at any time.





### INFORMATION

**Concept:** "Get Wet" & a 500m run  
**Ages:** 4-8 years old  
**Start time:** 11:15am  
**Start line:** Start pillars on the beach  
**End point:** Under the Finish arch



**Format:**

1. Kids will enter the water to waist deep and splash around a marshal before returning to the beach (approx. 20m distance in the water)
2. Kids will run along the sand to the transition area to put on running shoes
3. Kids will exit transition and start 500m run to the finish line.



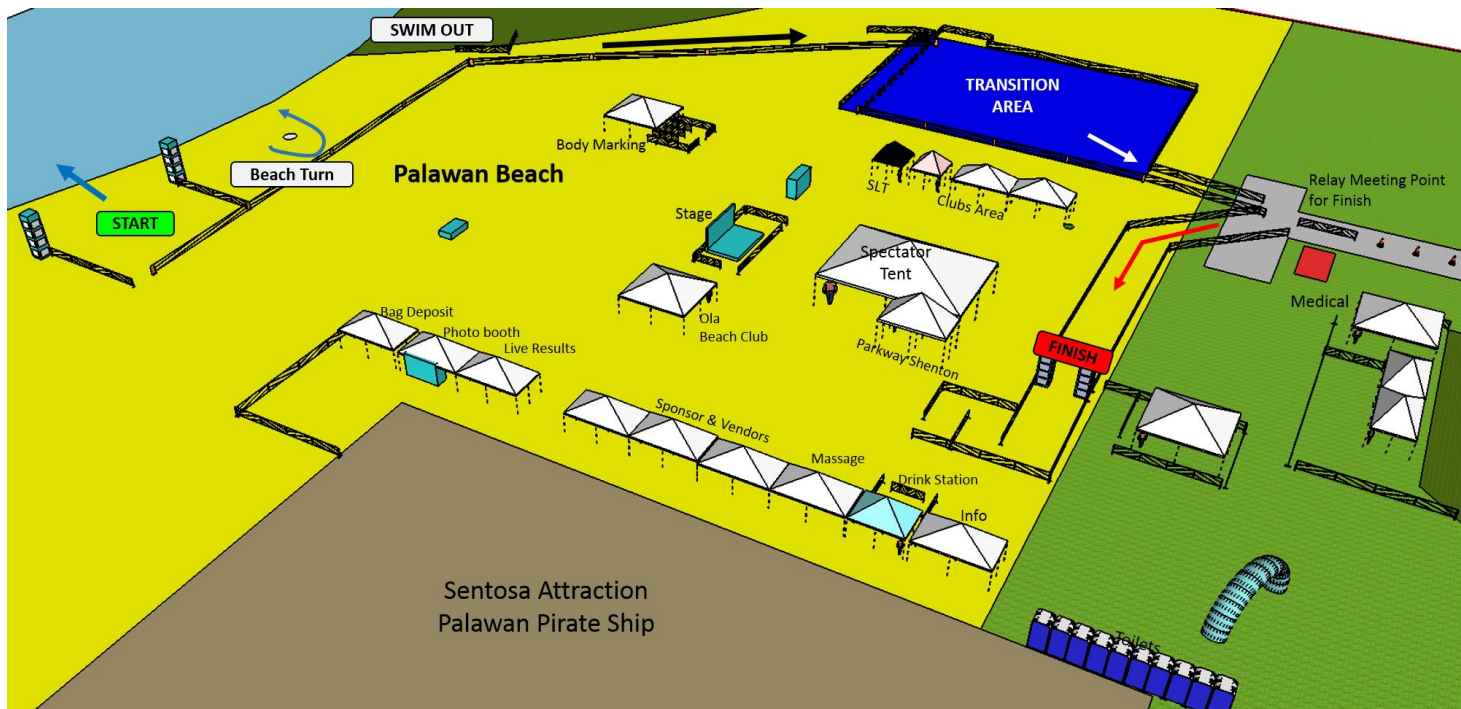
**Notes:**

- Kids are required to leave their running shoes in the transition area, access available after 10:15am.
- Marshals will be in transition to help kids put shoes on during the race.
- Kids are required to wear number bib on the front of their top.
- A finisher medal will be presented at finish line.
- Parents/guardians are not permitted to follow/assist their children.





## METASPRINT AQUATHLON VENUE MAP





## TRANSITION

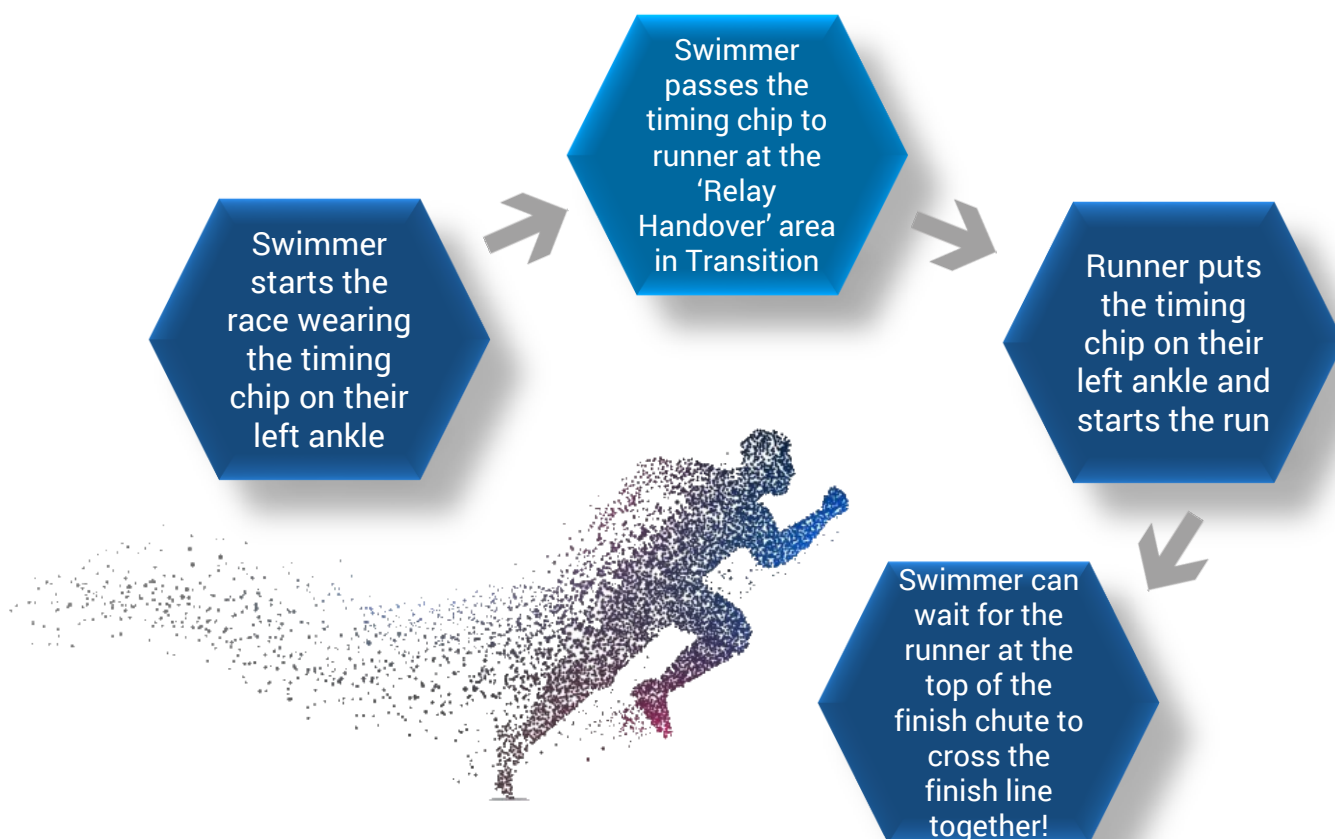
Only participants wearing their race bracelet are allowed in transition.

1. Look for your allocated spot (bib number)
2. Prepare the gear that you will need for your run
3. Clear all other belongings (bag deposit service is available)

### Parents of 8 & 9 year old children

Parents of 8 and 9 year-old children will find an extra bracelet in the race kit that gives them access to transition before the Kids race to help their child set up transition. Due to space constraints we do not allow any parents in transition during their child's race.

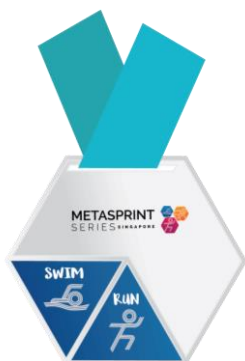
## HOW DOES A TEAM RELAY WORK?







## FINISH LINE



- Smile for the camera!
- Receive your well-earned finisher's medal.
- Re-hydrate at the PURE drink station at the finish line.
- Check your preliminary race times at the live results booth.

## PRIZES



### Trophies:

- Top 3 Overall Sprint Distance (male and female)
- Top 3 Age Group (male and female) – across all distances
- Top 3 Team Relays per category (1 trophy per adult team, 2 trophies for kids teams)
- Champion of Champions (only 1 winner)
- Club Challenge Champion
- Inter-School Challenge Champion

## METASPRINT SERIES CHAMPIONSHIP

### How does it work?

- Each participant earns points for every race he or she finishes.
- Points calculation:  $\text{time category winner} / \text{your time} \times 100$ .
- The final Championship ranking is based on the total of your Triathlon points plus your best points from the Aquathlon OR Duathlon.

### Example:

	Your Time	Winner's Time	Your Points
Aquathlon	50 mins	40 mins	80 points
Duathlon	1 hr. 20 mins	1 hr.	75 points
Triathlon	1 hr. 40 mins	1 hr. 10 mins	70 points
MetaSprint Series Total			150 points



## GEMS INVITATIONAL SUPER-SPRINT TRIATHLON

The 2019 GEMS Super Sprint Triathlon is a joint initiative by GEMS World Academy (Singapore) and MetaSport to support talented youth and kids triathletes, and provide them with a new racing opportunity.

### Qualification:

- Top 5 age group finish in the 2019 MetaSprint Series Triathlon
- Top 6-10 age group finish in the 2019 MetaSprint Series Triathlon (if you finished Top 5 in the earlier 2019 MetaSprint Series Aquathlon or Duathlon).

**Age Groups:** 8-9 years, 10-11 years, 12-13 years, 14-15 years

**GEMS Triathlon Academy presented by Emma Carney**– a not for profit, high-performance triathlon environment in Singapore for students aged 8 to 18. It provides talented young triathletes with training and learning opportunities that will push them to higher levels of conditioning, skills and race management. [Learn more.](#)



## SUPER LEAGUE SINGAPORE U19 JUNIOR RACE

**16-19 year olds can qualify to race on the same course as the world's best!**

The world's top triathletes will be heading to Singapore for the finale of the [Super League Triathlon](#) Championship Series. Taking place on Sentosa on 23–24 February, the world's best will be racing in a new dynamic, high intensity format.

Podium placers\* in the 16-19 year old Sprint Category of the MetaSprint Series Aquathlon will be invited to participate in the SLT Under 19 Asia Championship race on Sunday 24 February 2019.

\* In addition to placing top-3, the athletes must finish within 10% of the winners' time, and have proven cycling skills.



## OLA BEACH BAR

There will be cocktails and little umbrellas a plenty at Ola's Beach Bar at the festival area. Relax post-race and celebrate your achievement with a nice cool drink long into the day.

Opening time: 8:00am



## FUN FOR YOUNG AND OLD!

Big and little kids will have a blast with the fun activities on offer from Ola Beach Club.

An inflatable water playground will entertain, and jet-pack demonstrations will amaze.

Open from TBC







## METASPRINT SERIES EVENT MERCHANDISE

**AS INDIVIDUAL AS YOU - CHOOSE YOUR COLOUR!**



**JERSEY**  
**\$90.00**



**RUNNING T-SHIRT**  
**\$55.00**



**RUNNING SINGLET**  
**\$50.00**

*\*All prices incl. 7% GST*

Complete your race day look with a MetaSprint Series cycle jersey, running tee or singlet!

[Click here to order now!](#)

(Participants who purchased their merchandise online by 2 January 2018 can collect their item along with their race kit on 9 February).

Merchandise ordered after 2 January can be collected at the MSS Duathlon RKC on 5 March.

## SWIM SAFETY BUOYS



Nervous about the open water swim? Great news! Participants can now use this swim buoy for extra piece of mind.

Sprint distance athletes who wish to use the swim buoy will start in Wave 14 (Friendly Wave).

For all other distances, athletes using the swim buoy will be asked to start at the back of their allocated wave to ensure no interference with other swimmers.



## LIVE RESULTS

We have your results available as soon as you cross the line – super cool!

On site: go to the Live Results tent at the event venue.

On line: [www.metasprintseries.com](http://www.metasprintseries.com)

## PHOTOS

FINISHERPIX photographers will be at the race, snapping your action shot for a lifetime of memories. Your shots will be emailed straight to your inbox post-race!

Pre-purchase your photo package in advance and save!

**Aquathlon Package \$29.99**

**3-in-1 Race Package \$69.99**



## GEMS WORLD ACADEMY PHOTO BOOTH



Don't forget to hit the GEMS photo booth for a fun and wacky photo with your friends and family. You can even add your finisher time to the big screen!





## MEDICAL EMERGENCIES

Alert the first marshal you can find, if you see an athlete in difficulty on the course. All our marshals and event staff have a medical emergency number with them.

## MEDICAL SAFETY

### Illness

Do NOT race if:

- you have had a fever with muscle aches in the week before the event.
- you have had a viral infection (such as the flu), food poisoning or diarrhoea within the last 7-10 days before the event, and have not fully recovered.

If you believe you have fully recovered and are fit enough to take part, please do start out cautiously, lower the intensity of your physical exertion, and stay well hydrated, as these illnesses may result in dehydration, salt imbalance, or disturbances to your heart function.

### Heat Injuries

Exercise in Singapore's high heat and humidity places you at risk of developing a heat injury that could potentially be fatal. The best way to avoid such injuries is to:

- ensure good physical conditioning prior to this race
- participate within your fitness limits
- hydrate properly before, during and after the race. This should be a combination of water and electrolytes



### Symptoms

If you experience any of the following symptoms during the event, please reduce your physical effort. And if you do not feel better, stop and seek medical attention.

- Undue shortness of breath
- Dizziness, giddiness, light-headedness
- Chest pain
- Undue tiredness, nausea
- Disorientation, confusion

### Medical conditions

If you have a medical condition, please check with your doctor first whether it is safe for you to take part in this kind of event.

### Medication

You may leave medication such as auto-injectors and inhalers (related to your medical condition or allergies) with the medical team, so that it is on standby at the medical tent if needed. Place it in a Ziploc bag with your name & race number and give it to the medical team on race morning.

## PAR-Q AND YOU

Please answer below PAR-Q questions and consult your doctor if you answer YES to any of them:

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing drugs for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do physical activity?





### TIMING CHIP RETURN

Volunteers are assigned to collect timing chips (with blue strap) of participants taking part in the Aquathlon only at the finish line.

\*3-in-1 participants (timing chips with red strap) are required to keep the timing chip for the Duathlon and Triathlon.

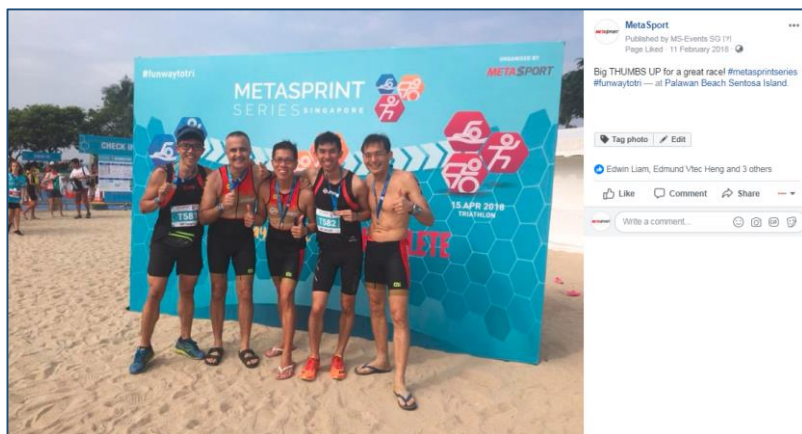
**If you Do Not Start or Do Not Finish the race**, these are the options to return your timing chip:

- 1) Return it only at the Information Booth on race day  
→ Do NOT return it to volunteers or random officials. It will be considered not returned.
- 2) Return it in person to the MetaSport office, 10B Institution Hill, Singapore 239665 by the **22<sup>nd</sup> February**
- 3) If you are posting it, you are advised to send it by registered mail to arrive by the **22<sup>nd</sup> February**

If you miss this date, the **automated fee charged to your nominated credit card for not returning your chip is \$40 (or \$10 for not returning the strap.)**

### SHARE YOUR EXPERIENCE!

Share your experience with us, follow us on [Facebook](#) and [Instagram](#) and join the community! Don't forget to use the official hashtag: #funwaytotri on your posts!



@metasprintseries

#funwaytotri

### INFORMATION

Questions? Check the information boards at the venue, go to the information counter or approach an official in a red MetaSport shirt.

### CONTACT US

**MetaSport**

10B Institution Hill Singapore 239665

Tel: 6838 0873

Email: [sprintseries@metasport.com](mailto:sprintseries@metasport.com)



Enjoy 20% discount on Pearl iZumi collection and Key Power Sports merchandise.



Use promo code 'META20' for purchases at Key Power Sports at Marina Square and Novena Square and for online purchases via <https://keypowersports.sg/>.

Check out more at their booth at race kit collection and on race day.



PURE is your natural choice in sports nutrition, offering a complete range of before, during and recovery products to help you achieve maximum performance and recovery during the toughest of workouts.

Use the code 'MSS19' to enjoy 20% off the complete collection throughout the MetaSprint Series via [simplyactive.com.sg](https://simplyactive.com.sg). or drop by their booth on race day



Outstandingly British. Sunwise is an eyewear that works from sunrise to sunset,

Check out their range of shades offered at 20% discount at race kit collection.



All MetaSprint participants are eligible for the following first-timer offers:

\$30 off Sports Massage Session (60 minute)

\$97 Introduction to Chiropractic Check-Up (U.P. \$390) Session includes consultation, x-ray and analysis, chiropractic treatment

Visit the Core Collective booth on race day to find out more about their exclusive deals.

<https://corecollective.sg>



Recharge after the Race with an exclusive 15% discount off any F&B or Watersports spend at Ola Beach Club, Siloso Beach if you visit on the race day! Tuck into hearty Hawaiian beach grub, and rejuvenate yourself with Ola's range of specialty Tiki cocktails.

Participants who visit Ola Beach Club on other days also enjoy a 10% discount – simply flash your voucher (found in your goodie bag) to redeem!

[www.olabeachclub.com](http://www.olabeachclub.com)



Sign up for their 1-to-1 Mobility Fitness Assessment at \$77 only (U.P. \$200). Their professionals will take you through 10 exercises to determine your body's imbalances and weaknesses to improve your performance.

Sign up at [www.pbt.com.sg/metasport2019](http://www.pbt.com.sg/metasport2019) using promo code 'PBT-MFA77(Corporate)' to enjoy the special price.





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